

# COUNTIES MANUKAU AOD PROVIDER COLLABORATIVE

ANNUAL RESEARCH SYMPOSIUM / 18 JUNE 2015

Funded by Counties Manukau Health



AOD Provider  
**Collaborative**

**TRANSLATING RESEARCH INTO PRACTICE**  
Tāmaki Campus, University of Auckland

The Counties Manukau AOD Provider Collaborative was formed in 2009 to ensure providers within the Counties Manukau District Health Board (Counties Manukau Health) catchment area are working together to maximise positive outcomes for AOD (alcohol and other drug) clients.

Funded by Counties Manukau Health with backbone operational and project support from Odyssey, the Collaborative brings together 16 organisations delivering alcohol and drug treatment or related services within the region.

It seeks to resource activities that are compatible with the Counties Manukau mental health and addictions philosophy in accordance with its AOD Plan.

In fulfilling this purpose, the AOD Provider Collaborative has initiated projects that seek to support the Counties Manukau AOD workforce, contribute to the sector's growth, and help make the services great places to work.

#### Our members:

Abacus

CADS (Community Alcohol and Drugs Services)

Care NZ

Connect Supporting Recovery

Counties Manukau Health Mental Health Provider Arm

Counties Manukau Health Planning & Funding

DRIVE (formerly, AOD Consumer Network)

Higher Ground

Ivita Health Services

Odyssey

Penina Health Trust

Raukura Hauora o Tainui

Recovery Solutions: Phoenix Centre

Salvation Army

Tupu

Youthline

The AOD Provider Collaborative thanks the following members for their work in designing and organising this year's Symposium:

Anne Bateman, Odyssey

Clare Luamanuvae, Salvation Army

Supriya Maharaj, Recovery Solutions: Phoenix Centre

Nicki Paull, University of Auckland

Brody Runga, DRIVE

Sam White, Odyssey and University of Auckland

The Counties Manukau AOD Provider Collaborative welcomes Faculty kaumātua Hēmi Pene and Kārena Heta and thanks them for joining us today at the Symposium.

### Getting the most out of the AOD Provider Collaborative Annual Research Symposium 2015:

The purpose of today's Symposium is to give the Counties Manukau AOD workforce an opportunity to learn about recent New Zealand research that may be of relevance to their practice and to help foster links between researchers and practitioners working within the field in the Auckland region.

We have asked presenters to particularly focus on the clinical and practical relevance of their research and how it might inform practice. We have also built in generous discussion time throughout the day to encourage conversations about the relevance and impact of this research on everyday practice.

To cater for the broad interests of our participants, we are providing four breakout sessions (in neighbouring seminar rooms—see map on inside back cover) that allow for presentations and discussion of research in smaller groups. Each breakout session offers a choice from three different streams. We understand it may be difficult to choose between the different streams in each session, however we recommend that you work with your colleagues to ensure your agency is represented in all relevant streams. We will also be recording presentations and making these available online (with slides), so that content can be shared with colleagues who might be unable to attend on the day. Visit [www.aodcollaborative.org.nz](http://www.aodcollaborative.org.nz) for Symposium materials.

Today's programme builds on the successful 2014 Symposium format and draws on participant feedback last year in the selection of topics, as well as increased plenary discussion time. To help us ensure any future events meet your needs, please do fill out the feedback forms available in each seminar room and the main function hall. Thank you!

The 2014 AOD Provider Collaborative Research Symposium would not be possible without the generous financial support of Counties Manukau Health. We also gratefully acknowledge the support of Odyssey, the Centre for Addiction Research and the School of Population Health at the University of Auckland.



## Tēnā koutou

Counties Manukau Health is delighted to once again support the AOD Provider Collaborative's annual Research Symposium.

Today's Symposium is one of several workforce development initiatives introduced by the Collaborative that exemplify the value that can be created for our AOD workforce and, ultimately, for the people of Counties Manukau, when we work together to foster new thinking and encourage partnership approaches to achieve our goals.

Working collectively and sharing the knowledge and expertise of its 16 member organisations, the Collaborative has been able to develop programmes that seek to strengthen the sector, our workforce, and the people we serve.

We welcome this opportunity to come together and jointly reflect on new approaches and new understandings of the work that we do. Enjoy your day!



### TESS AHERN

General Manager – Integrated Mental Health & Addictions  
Counties Manukau Health

*Tess has worked for Counties for 3 years and came from Bay of Plenty DHB where she was the Business Leader, Mental Health & Addictions Service.*

*Tess has a long career across New Zealand in a range of health, management, and planning and funding roles.*

*She is passionate about improving the journey for tangata whaiora across Counties.*

*Tess works in partnership with Pete Watson, Clinical Director and in collaboration with clinicians, NGOs, PHOs, locality and consumer groups to lead integration of mental health and addiction services with primary and community care and within the wider Counties Manukau Health whole of system activity.*

## Welcome

As Chair of the AOD Provider Collaborative, I am immensely pleased to be able to welcome you to our second Research Symposium with the University of Auckland. There was overwhelming positive feedback from over 100 dedicated addictions professionals who attended last year.

We have endeavoured to provide another opportunity to bridge research and practice. We hope this supports you, as the critical workforce that empowers people every day as they pursue their recovery journey.

I hope that you fully enjoy this day, immerse yourself in the learning available, and take these learnings back to your services.



### ANNE BATEMAN

General Manager – Innovation & Development, Odyssey  
Chair, Counties Manukau AOD Provider Collaborative

*Anne has worked in various roles, including planning and funding, quality improvement and clinical practice with specialities in system building, organisational development, evaluation and continuous quality improvement. Previous roles have included Senior Advisor Quality Improvement at CYFS National Office, Regional Portfolio Manager Mental Health and Addictions for Central Region and Portfolio Manager, Mental Health and Addictions at CMDHB.*

*Anne holds a Master of Science in Social Work, a Master of Public Administration, is certified in Six Sigma (quality improvement) and is a Prince 2 Practitioner. She is a member of the New Zealand Evaluator's Association (NZE) and the Fundraising Institute of New Zealand (FINZ). Anne began her career as a clinician and has spent the last 10 years working at a systems level in various levels of government as well as NGOs. She is originally from the United States and has worked in New Zealand since 2010.*



**Professor Ann M Roche**  
Flinders University, Australia

## WORKFORCE DEVELOPMENT CHALLENGES IN THE ALCOHOL AND OTHER DRUGS SECTOR: A CHANGING LANDSCAPE

**Professor Ann M Roche**  
Director, National Centre for Education and Training on Addiction (NCETA)  
Flinders University, Australia

In recent years, an important shift has occurred in the alcohol and drugs field in relation to workforce development (WFD). We have seen the emergence of a more sophisticated understanding of WFD that has evolved from a narrow perception of individualised bottom up skill development via training to a broader conceptualisation of WFD as a comprehensive top down systems change process.

This presentation will outline some of the key elements involved in and implications of this broader conceptualisation of WFD. It will draw on recent work undertaken in Australia in the development of the first national WFD strategy. These changes will be located in the context of a wider array of demographic changes that have resulted in severe workforce shortages for the health and human services sectors, with grim predictions for future supply, and the ongoing 'battle for talent' at a time of ever growing demand. These wider considerations have resulted in the impetus to produce generically skilled workers who can adapt to a wide array of roles across various sectors; to the potential detriment of the alcohol and drugs sector as we moved towards more and more advanced understandings of drug use problems and their resolution. These changes have important implications for addressing the widening base of the sector which now includes a greater focus on children, families, older people and new drugs of concern such as prescribed opioids, new psychoactives, methamphetamine, together with complex client presentations and multiple morbidities. Possible options and strategies to tackle these challenges into the future will be outlined.

*Professor Ann Roche is the Director of the National Centre for Education and Training on Addiction (NCETA), Flinders University. She has 30 years' experience in public health and has worked as a researcher, educator, and policy analyst and has held academic posts at the University of Sydney, the University of Newcastle, the University of Queensland and Flinders University. She has worked as a consultant to the World Health Organization, has acted as an adviser for a wide range of government and non-government bodies, and has had extensive involvement with developing policy through national and jurisdictional committee work. Ann's key research interest is in the identification and implementation of strategies to bring about professional practice and systems change in pivotal public health areas. She has published extensively in alcohol and drug-related public health areas, including over 130 papers and reports, with several books and book chapters.*



**Dr Katey Thom**  
University of Auckland



**Stella Black**  
University of Auckland

## 1A: UNPACKING THE CONCEPT OF 'THERAPEUTIC JURISPRUDENCE' AND ITS RELEVANCE TO THE AOD COMMUNITY

Branded as the solution to the 'revolving door' syndrome, the American invention of therapeutic jurisprudence has recently been imported into pockets of New Zealand's criminal justice system. Therapeutic jurisprudence is most evident in specialist courts, where legal processes and therapeutic approaches are used to find solutions to the underlying psychosocial causes of offending to promote healthy behaviours and ultimately reduce recidivism. There are currently over 20 solution focused courts addressing significant social problems facing New Zealand, including drug and alcohol issues, family violence, homelessness, and offending by youth.

Drawing on original research in the field, this presentation will explore the application of therapeutic jurisprudence in the Alcohol and Other Drug Treatment Court (AODTC) pilots. The presentation will include a brief history of therapeutic jurisprudence and drug courts as they emerged in the United States, and then in the New Zealand criminal justice system. This will be followed by a practical exploration of the key therapeutic principles adopted in AODTCs that align with international conceptualisations of therapeutic jurisprudence, as well as consideration of the ways in which the AODTCs may be developing organically to reflect the unique cultural, legal, and clinical practices of Aotearoa. The presentation will conclude by considering some of the challenges posed by the intermingling of criminal justice and therapeutic jurisprudence particularly for the AOD community.

*Dr Katey Thom is a Senior Research Fellow located within the Faculty of Medical and Health Sciences at the University of Auckland. Before moving to Auckland, Katey studied sociology at the University of Canterbury, with her Masters research focusing on the use of ecstasy within the electronic dance music scene. Her PhD thesis explored the role of forensic psychiatrists acting as expert witness in criminal trials, with a specific focus on trials involving the defence of insanity. Katey's current research has a strong focus on social justice issues in mental health and addictions, covering various aspects of mental health law, human rights and more recently therapeutic initiatives within the criminal justice system. She is currently leading a Marsden funded project on the application of therapeutic jurisprudence in New Zealand's specialist problem-solving courts and is Co-Principal Investigator on a project focused on Ngā Kōti Rangatahi.*

*Stella Black (BA (Hons)/LLB), is of Tūhoe, Ngati Whakauae, Whakatōhea, Te Whānau-a-Apanui descent and grew up in Mt Maunganui. She has worked as a Maori Researcher in the School of Nursing since 2011. Previously she worked in the research unit at Waitemata DHB Awhina Health campus and undertook several research projects in the fields of mental health and addictions, including: service delivery and workforce development evaluations; and the development and testing of an AOD tool specifically for Aotearoa NZ youth.*



**Professor Shanthi Ameratunga**

University of Auckland

### 1B: POST-TRAUMATIC STRESS DISORDER, SUBSTANCE USE AND DEPRESSION: PREVENTABLE MORBIDITY AMONG INJURED NEW ZEALANDERS

**Professor Shanthi Ameratunga**

University of Auckland (on behalf of the Prospective Outcomes of Injury Study)

Long-term psychological distress following injury typically imposes a significant functional and economic burden on survivors and their families. However, these issues are often unrecognised and inadequately addressed in the time-pressured context of acute trauma care. This follow-up study of 2220 injured 18-64 year olds found that 17% of hospitalised and 12% of non-hospitalised participants screened positive for PTSD 12 months following injury. Factors identified as early predictors of PTSD included pre-injury smoking, hazardous drinking and depression, alongside survivors' perceptions regarding their injury and related issues. The latter include perceived threat to life, poor expectations of recovery, future financial insecurity and inadequacies in health services received (e.g., insufficient information and not enough time with healthcare providers). These findings indicate that despite a universal government-funded no-fault injury insurance scheme in New Zealand, there is a need for more responsive and effective trauma care pathways and rehabilitation services. Greater attention is required to develop and implement services both within hospitals and in the community that are accessible, equitable and effective in promoting the recovery and quality of life of vulnerable communities beyond mere survival of an injury.

*Professor Shanthi Ameratunga holds a Chair in Epidemiology and Public Health at the School of Population Health, University of Auckland. She qualified in Medicine from the University of Otago and worked as a paediatrician before training in public health, graduating with distinction from the Johns Hopkins University. Her internationally recognised programme of research in injury prevention, trauma outcomes, disability and youth health, has received over \$20M in external funds from granting agencies in NZ, Australia, UK, WHO and the World Bank. Her current research focuses on interventions to reduce problem drinking and strategies that can address inequities in health outcomes. She has published widely and enjoys supervising a large cadre of researchers in New Zealand and overseas. In 2013, she received the Te Manaia Leadership Award (Injury Prevention Aotearoa) for her commitment to capacity building.*



**Dr Lanuola Asiasiga**

Massey Auckland



**Dr El-Shadan Tautolo**

AUT

### 1C: PACIFIC AOD RESEARCH UPDATE

**Nalei Taufu** University of Auckland

**Dr Lanuola Asiasiga** Massey University

**Dr El-Shadan Tautolo** AUT

**Dr Vili Nosa** University of Auckland (chair)

#### **The views of Tongan women about kava use by their partners**

Nalei Taufu's thesis aimed to explore the perspectives of Auckland-based Tongan women concerning the effects of heavy kava consumption amongst Tongan men. The key objectives were to understand the reasons and motives for kava consumption; to explore the social, cultural, economic and health effects of heavy kava use among Tongan men; and to develop recommendations that would effectively inform interventions addressing heavy kava consumption.

#### **The Alcohol Policy in New Zealand Survey: the Pacific sample of drinkers**

Dr Lanuola Asiasiga, Massey University, will discuss the Pacific sample of drinkers collected in 2011 as part of the Alcohol Policy in New Zealand survey (designed to assess changes in relation to the Sale and Supply of Alcohol Act 2012).

The thinking behind this research is that changes in public policy affect key aspects of the environment in which alcohol is supplied, promoted and consumed and therefore levels of consumption and related harm. Measuring change over time is the focus of the International Alcohol Control Study (IAC) to which this New Zealand survey contributes.

#### **The Pacific Islands Families (PIF) Study: brief overview and key AOD-specific findings amongst our cohort of Pacific families in NZ**

The Pacific Islands Families (PIF) Study is an ongoing longitudinal study examining the developmental health and wellbeing of over 1000 Pacific children and their families. The study, which has followed the children since they were born in South Auckland in the year 2000, generates vital information on Pacific child and family health and psychosocial functioning over critical developmental stages, and can be used to focus on particular priority areas for Pacific families, which to a large extent have not been fully examined.

In this presentation, the Study's Associate Director Dr El-Shadan Tautolo will provide a brief overview of the PIF Study and outline some key AOD-specific findings from the cohort, including alcohol use, smoking behaviour, and the association between acculturation and health outcomes.

**Dr Vili Nosa**

University of Auckland

*Nalei Taufa is of Tongan descent. She is a graduate of a Bachelor of Health Sciences, Postgraduate diploma in Public health and a Masters in Public Health from the University of Auckland. She is currently working as a researcher on a number of Pacific health projects.*

*Dr Lanuola Asiasiga is a researcher and evaluator with the SHORE and Whāriki Research Centre, Massey University. She also manages the Computer Assisted Telephone Interviewing (CATI) team for survey work.*

*Dr El-Shadan Tautolo, PhD, is the Associate Director of the Pacific Islands Families (PIF) Study, a longitudinal birth cohort study, based at AUT University. He recently completed an HRC Postdoctoral Fellowship involving the development of a research tool for collecting research evidence about fatherhood, health and wellbeing amongst Pacific fathers and their families. Dr Tautolo was born in NZ and is of Samoan and Cook Islands heritage.*

*Dr Vili Nosa is of Niuean descent. He is currently a Senior Lecturer in Pacific Health at the University of Auckland. Vili has a BA in Education & Sociology, MA (Hons) in Sociology, and a PhD in Behavioural Science from the University of Auckland. His PhD thesis researched the perceptions and use of alcohol among Niuean men living in Auckland. He is the first Niuean to graduate with a PhD. His academic and scholarly interests include Pacific health issues in New Zealand and the Pacific region. Vili's specialist research area is in addictions, alcohol, tobacco and substance abuse.*

**Karen Himiona**

CADS South

## **2A: COMORBIDITY BETWEEN LOSS AND GRIEF AND ADDICTIONS: EXPERIENCES AND MOTIVATIONS OF A MĀORI AOD PRACTITIONER**

**Karen Himiona**

AOD Practitioner, WDHB - Community Alcohol and Drug Services (CADS South) and MHS Sc Student, University of Auckland. **Academic Supervisor:** Dr Peter Huggard

Change is an inevitable part of life and there is always an element of loss associated with that change. The majority of people associate grieving as happening only after you lose someone through death. But there are many other non-mortal types of loss besides the death of a loved one. When loss becomes too difficult for some to bear, alcohol and drug use may become an immediate remedy in 'taking off the edge' from fully experiencing the significant loss. Consequently, grief becomes suspended and unresolved, and substance use generates a host of problems for the substance user, their family, friends and society.

It is very difficult to be effective in addressing substance abuse first before grief, or vice versa, as both issues are often integrated. Therefore, it is vital for clients to receive therapeutic interventions for both co-occurring issues; unresolved grief and substance abuse. Despite abundant research on loss and grief, and on substance abuse, there is a paucity of studies being conducted on their co-existent relationship.

In this presentation, Karen will outline three questions that guided her research. She will also provide a brief overview of the findings in examining the relationship between loss, grief and substance abuse. She will then conclude with offering some key recommendations for practice, policy and future research.

*Karen Himiona ( Ngāpuhi, Ngāti Kahu, Te Aupōuri, and Te Rarawa) completed her MHS Sc degree at University of Auckland in 2015 with her research examining the role that loss and grief play among substance users. She is a senior drug and alcohol practitioner at CADS South in Manukau, who provides individual and group counselling for clients, their family and supports. She has observed from her clinical practice and personal life experiences that grief can be very debilitating on individuals, and it can diminish or strengthen whānau (family) relationships. The majority of research regarding loss and grief and addictions originated from Westernized theories and models which are predominately created for and by Non-Māori. For that reason, a Māori perspective was also included in this research.*

*Karen has a keen interest in improving effective engagement and treatment for all substance users experiencing loss and grief issues, including Māori and other indigenous cultures.*



Julian King



Graham Panther

## 2B: CURRENT AND EMERGING PEER SUPPORT ISSUES AND STRATEGIES

Julian King and Graham Panther

Peer support in AOD is an emergent discipline, and experiencing rapid growth over the last few years. Much of this growth has occurred in Counties Manukau DHB, where there are approximately 20 AOD peer support workers. Julian King and Graham Panther have previously evaluated several AOD peer support programmes within CMDHB including Mahi Marumaru (Connect), Puna Whakataa (Connect and the Salvation Army), and Phoenix Centre (Recovery Solutions).

In this presentation, Graham and Julian will present a synthesis of key themes emerging from these evaluations. All providers have agreed to the synthesis. The themes and findings from this synthesis are also summarised in a report which is available for dissemination amongst the sector.

With this information, current programmes have opportunity to reflect, and developing programmes have opportunities to start from a stronger position building on the learning that has taken place. Wider system application of peer support and models of implementation will also be considered.

*Julian King is an evaluation specialist who works with government, non-government and private sector organisations throughout New Zealand and Australia, including a number of recent reviews and evaluations of AOD services. His skills are often sought to advise on valid approaches to evaluating services in complex environments and where constraints on data, time and resources necessitate innovative approaches to assessing quality and value. Julian's current PhD research at the University of Melbourne focuses on methodologies for evaluating value for money in contexts where standard health economic methodologies are insufficient, inappropriate or infeasible. Julian has worked as an evaluation consultant for over 15 years and, prior to that, as a policy analyst with the NZ and Canadian health ministries.*

*Graham Panther has over a decade's experience in the mental health and addictions sectors as an evaluator, researcher, and innovator. Having been involved in the early days of peer support in New Zealand, Graham has published with the leading international commentators on recovery, and has worked on a number of ground-breaking projects both here and abroad. Currently based in Melbourne, he has been leading the development of Australia's first Recovery College, a large-scale, peer-education approach to health and wellbeing. Graham believes that when it comes to mental wellbeing, no one has all the answers, so it pays to share what we've learned – whether from life experience, professional expertise, or both. He has a passion for getting people talking and listening to one another in new ways.*



Associate Professor Simon Adamson

University of Otago (Christchurch)

## 2C: CONTROLLED DRINKING: THE SCIENCE AND THE ART

Associate Professor Simon Adamson

Deputy Director, National Addiction Centre, University of Otago (Christchurch)

The battle has been fought and controlled drinking as an appropriate alternative to abstinence for certain problem drinkers' drinking has been accepted in many, although not all, quarters. However, much remains to be settled in the translation of this treatment goal to routine clinical practice: Who can successfully achieve moderation? What is a sensible limit in such cases and how should this be monitored? To address these questions, Associate Professor Simon Adamson will examine the literature, including his own research, and will draw on his clinical experience.

*Associate Professor Simon Adamson is Deputy Director of the National Addiction Centre, University of Otago, and a clinical psychologist with 18 years' experience in the addiction field.*

*In 2011, he received the Fred Yates Researcher of the Year Award from the Society for the Study of Addiction. His PhD examined predictors of treatment outcome for alcohol use disorders and he has published on a wide range of addiction and co-existing disorders topics.*



**Associate Professor Robyn Dixon**  
University of Auckland

### 3A: HOW TO BEST SUPPORT YOUNG PEOPLE WHO ARE CONCERNED ABOUT THEIR DRINKING

**Associate Professor Robyn Dixon**  
University of Auckland

The purpose of the study (funded by the Health Promotion Agency, formally ALAC) was to further understand the group of young people represented in the Youth'07 Young People and Alcohol (Adolescent Health Research Group, 2008) report, who identified as either being concerned about their drinking and/or who had tried to cut down or give up drinking alcohol. To this end, a mixed methods research design involving both qualitative and quantitative approaches was utilised to meet the aims of the project. This involved further interrogation of the Youth'07 data, focusing on contextual factors associated with wanting to reduce and /or give up drinking and interviews and focus groups with young people who currently, or had in the past, been concerned about their or a friend's drinking and/or had attempted to cut down or give up drinking. The main findings from the study are presented and implications for practice and policy posited.

*Associate Professor Robyn Dixon is currently Co-Director of the New Zealand Family Violence Clearinghouse and Associate Professor of Nursing at The University of Auckland. Prior to 2013 she had served 12 years as Director of the Centre for Child and Family Research. As well as being a registered nurse, Robyn is a developmental psychologist with expertise in child and adolescent psychology. Robyn has supervised in excess of 200 postgraduate research students to successful completion and has published widely. She has extensive experience in working with children, young people, and their families and communities, in areas related to Health, Education, Justice and Welfare.*



**Graham Panther**

### 3B: THE MAGIC OF CO-PRODUCTION: LESSONS FROM AUSTRALIA'S FIRST RECOVERY COLLEGE

**Graham Panther**

There is a growing interest in how vulnerable populations can contribute to the design and delivery of the services they access. The rise of peer services and the system-wide tightening of available resources have each contributed to a shift in the way we see communities – no longer just as “drains on the system”, but as “hidden resources” (Boyle & Harris, 2009). Co-production is one method for accessing the collective wisdom of people who use health and social services, to design and deliver interventions based on what really works. Where traditional consultation asks, ‘what can we do for you?’, co-production asks, ‘what can we do together?’ Co-production also actively disrupts ‘business as usual’ for service providers, inviting people to step outside their usual prescribed roles – with surprising results.

In a mental health and addictions setting, co-production has been spearheaded by the growth of recovery colleges – a peer education model spreading across the UK, the US, Australia, and beyond. This session will explore some of the what, how, and why of co-production, based on the presenter's experience leading the establishment of Australia's first Recovery College – an ambitious, multi-state project that is changing the way Australians think about mental wellbeing.

*Graham Panther has over a decade's experience in the mental health and addictions sectors as an evaluator, researcher, and innovator. Having been involved in the early days of peer support in New Zealand, Graham has published with the leading international commentators on recovery, and has worked on a number of ground-breaking projects both here and abroad. Currently based in Melbourne, he has been leading the development of Australia's first Recovery College, a large-scale, peer-education approach to health and wellbeing. Graham believes that when it comes to mental wellbeing, no one has all the answers, so it pays to share what we've learned – whether from life experience, professional expertise, or both. He has a passion for getting people talking and listening to one another in new ways.*





**Dr James Foulds**  
University of Otago (Christchurch)

### 3C: COMORBIDITY OF DEPRESSION AND ALCOHOL USE DISORDERS: A REVIEW OF THE EVIDENCE

**Dr James Foulds**  
University of Otago (Christchurch)

Depression is the most important form of psychiatric comorbidity in patients presenting for treatment of an alcohol use disorder. The presence of depression is associated with a range of poorer outcomes including alcohol relapse, increased suicide risk and greater disability.

The optimal approach to treating alcohol-related depression remains unclear. In particular antidepressant therapy is often used but it is uncertain what groups of patients, if any, benefit from it.

This session reviews evidence on the categorisation, natural history and treatment of alcohol-related depression using data from a systematic review and meta-analysis, alongside clinical trial data from the University of Otago.

*Dr James Foulds is an adult psychiatrist working for the West Coast District Health Board and in private practice in Christchurch. He holds a Senior Lecturer position in the Department of Psychological Medicine at the University of Otago (Christchurch). His research interests include alcohol-related psychiatric comorbidity and the genetics of adverse drug reactions.*



**Professor Peter Adams**  
University of Auckland

### 4A: WAYS OF GETTING RESEARCH OFF THE GROUND IN AOD PRACTICE

**Professor Peter Adams**  
University of Auckland

The importance of developing evidence to support policy and practice initiatives is widely acknowledged throughout the health sector. Researchers are similarly committed to developing research questions that respond to health challenges and support the development of relevant policy and practice.

Drawing on a clinical and academic career that spans three decades, Professor Peter Adams will provide a brief overview of the current AOD research landscape in New Zealand – where have we been and where are we now? He will discuss opportunities and challenges for AOD researchers in New Zealand today, and provide guidelines for practitioners interested in undertaking research.

This is an interactive session designed to help practitioners explore research possibilities within their practice, or in collaboration with others. We encourage participants to come with any ideas and/or questions that they may have about the research process, or how to get started in developing a research project.

*Professor Peter Adams was trained initially as a clinical psychologist and has practiced in hospital, community and private practice settings for over 13 years. He was first employed by the University of Auckland in 1991 and in 2014 received Faculty and University awards for sustained teaching excellence for contributions in setting up post-graduate programmes for addiction practitioners, in addictions teaching in medicine, and post-graduate teaching of theory. He has also supervised 22 PhD projects and led projects in brief interventions in primary health.*

*Professor Adams has published three sole-authored books: Gambling, Freedom and Democracy (Routledge, 2007), Fragmented Intimacy: Addiction in a Social World (Springer, 2008) and Masculine Empire: How Men Use Violence to Keep Women in Line (Dunmore, 2012) and is currently writing a book contracted by Cambridge University Press, Accepting Industry Money From Tobacco, Alcohol and Gambling: A Dangerous Consumption.*

*Professor Adams' research interests include: social theory, family impacts of addictions, industry conflicts of interest and public health approaches to gambling. He is currently Deputy Head of the School of Population Health and an Associate Director of the Centre for Addiction Research.*



**Dr Pauline Gulliver**  
University of Auckland

#### **4B: PROBLEMATIC ALCOHOL USE AND INTIMATE PARTNER VIOLENCE: AN UPDATE FROM THE NEW ZEALAND FAMILY VIOLENCE CLEARINGHOUSE**

**Dr Pauline Gulliver**  
University of Auckland

The New Zealand Family Violence Clearinghouse is the national centre for family and whānau violence research and information, [nzfvc.org.nz](http://nzfvc.org.nz). The Clearinghouse is available as a resource for people working in the alcohol and other drug sector.

Findings from the New Zealand Violence Against Women study highlight that problematic alcohol use and intimate partner violence (IPV) often co-occur. The association was most pronounced when both the woman and her partner had alcohol problems, but problematic alcohol use by either partner was associated with increased likelihood of IPV. The research points to the need for services responding to problematic alcohol use to be aware of, and equipped to respond to situations of IPV. Alcohol intervention programmes have been shown to have some impact on the frequency and severity of the violence experienced, leading to suggestions that reducing alcohol exposure may be part of a wider strategy for the primary prevention of intimate partner violence. However alcohol treatment providers need to reinforce the message that alcohol is not responsible for the perpetration of violence and recognise that stopping alcohol use will not necessarily prevent further abuse.

*Dr Pauline Gulliver is a Research Fellow at the New Zealand Family Violence Clearinghouse. With a background in injury prevention research, Pauline joined the NZ Family Violence Clearinghouse in 2012. Since joining the Clearinghouse she has worked closely with government agencies, investigating the appropriateness of national administrative data sets for monitoring trends in family violence. She has also been involved with research measuring the long-term outcomes of assault in pregnancy, exploring risk factors for suicidal ideation in women who have experienced violence, and understanding women's use of violence in violent situations.*



**Dr Peter Huggard**  
University of Auckland

#### **4C: THE "INNER SUPERVISOR": USING REFLECTIVE WRITING**

**Dr Peter Huggard**  
University of Auckland

Reflective writing can be used as a process to facilitate reflection on one's clinical practice. As a process, it can enable analysis by health professionals of their own learning needs, and to analyse their own development when in that role. It can assist practitioners to become aware of their own strengths and where further development is needed.

Reflective writing has been shown to be a means of both expressing and dealing with uncertainty in professional practice. The process can enable participants to reflect on both the difficult and the pleasant feelings within themselves, and also explore aspects of uncertainty related to the experiences with clients and patients. Participants in this workshop will produce pieces of writing – both poetry and prose. These writing exercises will demonstrate ways in which to explore what may be happening in a therapeutic relationship with a client or patient by accessing the "wise supervisor" within.

*Dr Peter Huggard is a Senior Lecturer in Social and Community Health at the School of Population Health, University of Auckland. His eclectic professional journey included time training and working as a clinical biochemist and as an ambulance officer; as a health manager, and as a counsellor. Relatively recently he joined academia with teaching and research interests in health professionals' emotional health, therapeutic communication, vicarious trauma and burnout, and loss and grief.*

*His own ways of 'caring for himself' include, with Jayne, living part-time on Waiheke Island, and performing with the Ukulele band The Lost Chords.*



**Professor Ann M Roche**  
Flinders University, Australia



**Dr Pete Watson**  
Counties Manukau Health



**Rhonda Robertson**  
The Salvation Army

## PREPARING FOR THE FUTURE: DEVELOPING A FIT-FOR-PURPOSE AOD WORKFORCE FOR THE 2020s

The demand for AOD services is increasing, yet funds and resources are declining and the specialist AOD workforce is ageing. What should policymakers, service providers, educators and practitioners do to prepare for the challenges ahead? We invite representatives from across the AOD sector to discuss.

Discussion Chair: **Anne Bateman**, Chair, AOD Provider Collaborative

### Discussants:

**Professor Ann Roche**

Director, National Centre for Education and Training on Addiction,  
Flinders University, Australia

Please refer to page 07 for Professor Roche's bio.

**Dr Pete Watson**

Clinical Director for Mental Health & Addictions, Counties Manukau Health

*Dr Watson is the clinical lead for the Northern Region Perinatal and Infant Mental Health service development and has been the clinical lead for the National MH&A Child and Adolescent Mental Health KPI project.*

*Prior to his leadership role in Mental Health and Addictions Pete worked for 16 years as a Consultant Youth Health Physician at Counties Manukau DHB in a variety of roles. He was the Clinical Leader at the regional Centre for Youth Health and the academic leader of youth health in the Department of Paediatrics at the University of Auckland. He has contributed to many local, regional and national youth health initiatives.*

**Rhonda Robertson**

National Consumer Advisor for The Salvation Army Addiction,  
Supportive Accommodation and Reintegration Services.

*Rhonda Robertson's involvement in the addiction sector dates back to the 1990s and includes 12 years working in dedicated alcohol and other drug consumer roles across non-governmental organisations and a district health board. Rhonda is currently a member on the Matua Raki Consumer Leadership Group and is one of the consumer*



**Phillipa Gaines**  
Lattice Consulting



**Phil Grady**  
Odyssey



**Dr David Newcombe**  
University of Auckland

*members on the National Committee for Addiction Treatment. Rhonda's role at The Salvation Army is to help further develop consumer participation across the addiction, supportive accommodation and reintegration services.*

**Phillipa Gaines**

Director, Lattice Consulting

*Phillipa has worked across the mental health and addiction sector since the early 1980s and established Lattice Consulting in 2004 to support the on-going transformation of the sector. Widely respected for her long-standing interest and involvement in the use of information as a quality improvement and accountability tool, she particularly enjoys working on projects that use information to help build sector capability. She is currently working on a project for Platform Trust and Te Pou called 'On Track: Knowing where we are going'. The project's report (March 2015) presents the case for change and a road map for the future of the mental health and addiction sector, highlighting implications of the proposed change from the perspective of the workforce. Phillipa is now working with Platform Trust and Te Pou to support a number of different localities implement the ideas from On Track.*

**Phil Grady**

CEO, Odyssey

*Philip Grady has been CEO of Odyssey for four years, and sits as Co-Chair of the National Committee for Addictions Treatment (NCAT) and NGO Sponsor for the National Mental Health and Addiction KPI Project (Youth stream) as well as holding several other roles within sector groups. Previous to Odyssey, Philip held senior Planning and Funding Roles within District Health Boards, including Group Funding and Primary Care Manager at WDHB and Senior Portfolio Manager at CMDHB. Leading strategic initiatives on sector and workforce development as well as development of innovative programming has contributed to positive changes in the mental health and addiction sector. Having trained as a mental health nurse, Philip worked as a clinician for many years, and is currently pursuing his MBA.*

**Dr David Newcombe**

Associate Director, Centre for Addiction Research, University of Auckland

*Dr Newcombe is Senior Lecturer in Alcohol and Drug Studies, and an Associate Director of the Centre for Addiction Research at the University of Auckland. He has been working in the addiction sector for over 18 years in various clinical and research roles in Australia and New Zealand. His current research interests include: screening and intervention for substance misuse; the psychopharmacology of drugs of abuse; and the clinical effectiveness of pharmacotherapies used to treat alcohol and drug problems.*

**Tāmaki campus map**

Location of plenary and breakout sessions.



**THANK YOU!**

The AOD Provider Collaborative would like to acknowledge the generous contribution made by our speakers and session chairs today.

We also wish to recognise and thank participants for the time you have taken out of your usual work schedules to attend this Symposium. We hope it has been beneficial and welcome feedback on this year’s Symposium.

| AOD Provider Collaborative Research Symposium Agenda 2015 |  |               |
|---|--|---------------|
| TIME  | ACTIVITY   | LOCATION      |
| 8.00am  | Registration.  |               |
| 8.30am  | Karakia. Hēmi Pene and Kārena Heta, FMHS kaumātua.   |               |
| 8.40am  | Welcome. Anne Bateman, Chair, AOD Provider Collaborative.  |               |
| 8.45am  | CMDHB Welcome. Tess Ahern, General Manager, Integrated Mental Health and Addictions, Counties Manukau Health.  | Function Hall |
| 8.55am  | Keynote Address. Professor Ann Roche, Director, National Centre for Education and Training on Addiction, Flinders University, Adelaide, Australia.   |               |
| 9.45am  | <b>MOVE TO BREAKOUT SESSION 1</b>  |               |
| 9.50am  | 1A: Unpacking the concept of 'Therapeutic Jurisprudence' and its relevance to the AOD community. Dr Katey Thom and Stella Black, University of Auckland.   | 730.268       |
| 9.50am  | 1B: Post-traumatic stress disorder, substance use and depression: preventable morbidity among injured New Zealanders. Professor Shanthi Ameratunga, University of Auckland.  | 730.266       |
| 9.50am  | 1C: A Pacific AOD research update: recent research from the University of Auckland, the AUT Pacific Island Families longitudinal study and the Shore and Whāriki Research Centre at Massey University.   | 730.264       |
| 10.35am   | <b>MORNING TEA</b>   |               |
| 11.00am   | <b>MOVE TO BREAKOUT SESSION 2</b>  |               |
| 11.05am   | 2A: Comorbidity between loss and grief and addictions: Experiences and motivations of a Māori AOD practitioner. Karen Himiona, CADS South.   | 730.268       |
| 11.05am   | 2B: Current and emerging peer support issues and strategies. Julian King and Graham Panther  | 730.266       |
| 11.05am   | 2C: Controlled drinking: the science and the art. Associate Professor Simon Adamson, National Addiction Centre, University of Otago (Christchurch).  | 730.264       |
| 11.50am   | <b>MOVE TO BREAKOUT SESSION 3</b>  |               |
| 11.55   | 3A: How to best support young people who are concerned about their drinking. Associate Professor Robyn Dixon, University of Auckland.  | 730.268       |
| 11.55   | 3B: The magic of co-production: lessons from Australia’s first Recovery College. Graham Panther.   | 730.266       |
| 11.55   | 3C: Comorbidity of depression and alcohol use disorders: a review of the evidence. Dr James Foulds, University of Otago (Christchurch)   | 730.264       |
| 12.40pm   | <b>LUNCH</b>   |               |
| 1.30pm  | <b>MOVE TO BREAKOUT SESSION 4</b>  |               |
| 1.35pm  | 4A: Ways of getting research off the ground in AOD practice. Professor Peter Adams, University of Auckland.  | 730.268       |
| 1.35pm  | 4B: Problematic alcohol use and intimate partner violence: an update from the New Zealand Family Violence Clearinghouse. Dr Pauline Gulliver, NZ Family Violence Clearinghouse, University of Auckland.  | 730.266       |
| 1.35pm  | 4C: The "Inner Supervisor": Using reflective writing. Dr Peter Huggard, University of Auckland.  | 730.264       |
| 2.20pm  | <b>RETURN TO PLENARY</b>   |               |
| 2.25  | Panel discussion: Preparing for the future: developing a fit-for-purpose AOD workforce for the 2020s. The demand for AOD services is increasing, yet funds and resources are declining and the specialist AOD workforce is ageing. What should policymakers, service providers, educators and practitioners do to prepare for the challenges ahead? We invite representatives from across the AOD sector to discuss. | Function Hall |
| 3.25pm  | Wrap up/take home comments. Anne Bateman.  |               |
| 3.30pm  | Close/prayer.  |               |

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